

From the Wellness Forum-
Kid Friendly Breakfasts, Lunches and Snacks

Snacks

Fresh fruit with Dip

Bananas
Watermelon or Cantaloupe or Honeydew
Strawberries, Raspberries, Blueberries
Peaches or Nectarines
Pitted Cherries
Pear or Apple slices
Orange or grapefruit slices
Clementines
Grapes
Sliced plums or apricots
Kiwi
Pineapple

Dips for fresh fruit

Tofu dipping spread (see attached recipe)
Strawberry, vanilla or other fruit flavored soy yogurt
Nut butter, natural

Raw/Cooked Vegetables with Dip

Cucumbers (English ones have few seeds)
Carrots
Cherry tomatoes
Pieces of firm lettuce (romaine, bok choy, spinach)
Mushrooms (raw or cooked)
Peppers of all kinds
Radishes
Yellow squash or zucchini
Chunks of cooked white or sweet potato
Celery
Chunks of cooked potato
Chunks of cooked squash, yellow, zucchini, pumpkin, acorn, butternut
Chunks of cooked beets
Broccoli or cauliflower (raw or cooked)
Green or yellow beans (cooked)
Asparagus
Chunks of cooked parsnips or turnips
Green peas, snow peas, lima beans, sugar snap peas
Sliced avocados
Edamame (soy beans in the pod, lightly steamed, they pop right out)

Dips for Raw/Cooked Vegetables

Guacamole (T Joe's Guacamole or Guacasalsa)

Hummus (fat-free varieties are available in many health food stores)*

Oasis brand Lentil Dip

Black Bean

Amy's brand Goddess Dressing or Trader Joe's Goddess

Amy's brand Cowgirl Ranch Salad Dressing (has dairy)

Amy's brand Balsamic Vinaigrette (this is creamy)

Amy's brand low fat Gingerfly Vinaigrette (little spicy)

Trader Joe's brand Tuscan Italian Dressing

NaSoya brand Veggie dressing (like ranch)

***Things to Dip in Hummus** (any combination below)

Carrots

Celery

Broccoli

Cauliflower

Cherry tomatoes

Lettuce

Peppers

Mushrooms

Radishes

Squash and Zucchini

Pita bread

Pita chips (buy or make your own)

Crackers

Healthy tortilla chips (Trader Joe's or Tostitos Naturals Yellow or Blue Corn, Garden of Eatin chips...many flavors) Note: look for expeller pressed oils and sea salt.

Fruit Salad

Dried fruit

raisins, cherries, blueberries, apricots, papaya, pineapple, apples, mangoes and banana chips (Definitely unsulphured and only lightly sweetened if necessary)

Fruit leather

Unsweetened applesauce

Healthy tortilla chips (see above) with healthy salsa (MuirGlen brand)

Nut butter and wholegrain crackers

Barbara's Rite Rounds

TLC (no dairy)

Rice crackers

Mary's Gone Crackers

Read labels and look for whole grain flour, and unrefined ingredients

Nuts

Any type, raw best

Cereal bars (read labels!)

Dry Cereal

Wellness Forum Granola

Various brands available in grocery stores, health food stores, and Trader Joe's

Healthy graham crackers

Trail Mix

make your own with pretzels, cereal, dried fruit, mini rice cakes, nuts (small quantities)

Crackers

topped with avocado and black or kalamata olives

Healthy popcorn

with chili powder or other seasoning sprinkled on top

Rice or popcorn cakes

topped with spreadable fruit or nut butters

Healthy pretzels

Healthy toaster pastries (once in awhile!)

Healthy whole-grain muffins

There are recipes for several in the Big and Healthy Cookbook – best to make at home since most commercial brands use oil and are very high in fat and calories

Mother Earth Bars

A Wellness Forum mix

Fruit Kabobs

Healthy drinks

Filtered water should be first choice

Vanilla rice milk

Soy milk

Chocolate rice or soy milk

Vegetable juice (watch for refined salt)

Herbal teas (for a tea party) can add fruit juice for a special treat

Fruit smoothies

Breakfast

BEST OPTION – The Wellness Forum Breakfast Shake!

Oatmeal (not quick oats) with maple syrup and vanilla rice milk
Oatmeal topped with maple syrup and blueberries or other fruit
Dry cereal with vanilla rice milk and fruit
Soy yogurt and fruit (fresh or dried)
Nut butter or spreadable fruit on rice cakes with fruit
Whole Grain toast or English muffin topped with soy cream cheese (vegan!) and fruit
Whole grain toast or English muffin topped with nut butter and/or spreadable fruit
Whole grain bagels (watch trans fats and corn syrup) with above toppings
Fruit smoothie (see healthy drinks sections)
Wholegrain toaster waffles with maple syrup or topped with fresh fruit
Pancakes topped with maple syrup or fresh fruit
- add nuts, bananas, apples, blueberries to the batter
Wholegrain muffins including corn muffins with fresh fruit
Tortilla spread with nut butter and bananas and rolled up, cut in half
Tortilla spread with soy cream cheese and sliced strawberries or pears

Lunch

Sandwiches

Breads:

Pita bread
Wholegrain bread
Whole grain bagels
Tortillas (flat like a quesadilla or rolled)
Wholegrain English Muffins
Wholegrain crackers
Whole grain hot dog buns
Whole grain sandwich style bun

Fillings:

Refried Beans with red bell pepper or cucumber and salsa
Nut butter and spreadable fruit
Nut butter and strawberry, apple or banana slices
Nut butter and grated carrots
Nut butter with raisins or dried cherries
Hummus, shredded carrots and celery
Hummus on whole wheat bread
Hummus with tomatoes, cucumber and lettuce
Hummus with sliced grapes
Hummus with sliced and sautéed mushrooms
Hummus mixed with grated and spinach or other lettuce
Leftover pasta salad in a wrap
Leftover rice with lettuce, tomatoes and salad dressing in a wrap
Tofu egg salad with lettuce
Pizza toppings (sauce, tofu pepperoni, pinch of rice or soy cheese or veggie with olives, mushrooms, onions, spinach squash, eggplant, etc) make a pizza quesadilla

Veggie burger with mustard, ketchup, pickles, tomatoes, onion, etc
Veggie hot dog with the above or vegetarian chili

Asian theme lunch:

Soba noodles with peanut sauce (available in health food and Asian stores)
Sugar Snap Peas
Pear
Fortune cookie

Mexican theme lunch:

Stacked up nachos

- Healthy chips covered with Amy's brand chili and a little rice or vegan soy cheese.
- Heat in oven for 10-15 minutes at 300.
- Top with lettuce, tomatoes, onions, peppers, olives, salsa or pico de gallo
- Serve with soy sour cream and guacamole

Taco Salad #1

Lettuce topped with tempeh taco filling (Wellness Forum Taco Taco), tomatoes, onions, olives, salsa, soy sour cream, guacamole

Taco Salad #2

Substitute black beans and rice for taco filling, sprinkle cumin or oregano on top and mix

Mediterranean theme lunch:

Hummus topped with spinach on a tortilla
Cherry tomatoes
Soy Yogurt

Bird's Nests

Angel Hair Pasta with sauce in the middle
Topped with veggie or turkey meatballs

Some prep is required for these dishes but they keep for several days:

Recipes are in the *Big and Healthy Cookbook*

- "Egg" salad
- Mock Chicken Salad
- "Tuna" Salad
- Peanut noodles
- Brown rice vegetable soup with mushrooms, miso and spinach

Potatoes:

1/2 baked potato topped with soup, salsa, Wellness Forum (not) Cheese sauce or vegetable chili
1/2 sweet potato topped with a little Earth Balance and cinnamon
Healthy French-fries for occasional treat – there is a recipe for Oven Fries in the B&H Cookbook or healthy frozen varieties at the health food store

Pasta:

Different macaroni shapes topped with:

- Wellness Forum Cheese sauce and vegetables
- Red sauce
- Vegetarian chili

Any hearty soup, like black bean, potato

Brown rice, quinoa or couscous:

Pair with any vegetables (fresh, steamed or frozen) and/or beans with:

Salsa

Bragg's

Spaghetti sauce

Salad Dressing (healthy)

Cooked potatoes (redskin or Yukon gold hold shape best)

Sprouts (grow them yourself)

Tofu cubes

Dried fruit

Any Wellness Forum dried soup mix

Some suggested combinations

Salsa, corn, black beans and sprouts

Spaghetti sauce, peas or steamed eggplant

Spinach, garbanzo beans with Goddess dressing

Potatoes, raisins and pine nuts, sprinkled with curry powder

Lima beans, corn, peas and Braggs Liquid Aminos

Potatoes, green beans and chopped cooked onions

Stewed tomatoes, kidney beans sprinkled with chili powder

Salad, split peas, dressing and sprouts

Steamed broccoli, cauliflower, walnuts, sprinkled with dry onion soup

Wellness Forum cheese sauce mixed with Wellness Forum What a tomato soup, tofu cubes

Other resources:

Big and Healthy Cookbook

Has children-friendly easy recipes for pastas, Mexican style dishes, breads, quick breads and healthy treats

Vegetarian Family Cookbook by Nava Atlas

The author shows you how to make one meal that is suitable for adult tastes as well as children with just 1 or 2 easy modifications. Some recipes have too much fat, but it is easily reduced, left out or replaced with an appropriate fat substitute. Vegan options are given and the recipes are easy and very good.